

THE RECOVERY COLLEGE GAZETTE

August 2024

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment



Liane

Deputy Principal's Message

What a wonderful term this has been! We've journeyed through a change in the seasons moving into longer days filled with light (and sometimes rain) seeing an abundance in growth and nature around us. We've explored our connections to nature in our nature taster which will hopefully be developed into a course to be run in future terms.

Nature's growth has been reflected in all of your student journey's this term, whether making goals in the moving forwards and goal setting courses or getting to know our emotions helping us interact with others or make helpful decisions, or noticing the green shoots of change beginning.

I'd like to take the opportunity to thank all of our students in your commitment to learning and reaching your goals and to our staff and volunteers who continually put their all into delivering a curriculum to help build your recovery and use their own lived experience to inspire the journey of others in recovery. Take a moment, wherever you are in your journey to appreciate everything you've given to it so far. Your journey will inspire others to keep going, so please get in touch if you'd like to share your story.

I look forward to meeting new and returning students at our bases and online next term and as we move into the shortening days of Autumn I'd like to extend an invitation to you all to embrace the opportunities that each season brings us. Each season offers us something different with Autumn and Winter offering opportunities for reflection and rest, where possible and a chance to slow down. Days like today can be enjoyed, in the moment, whilst they are here and we can appreciate them as a reminder that lighter days will return.

Where can you find us?

**Quayside House
Rounds Green
Road Oldbury
B69 2DG**



**The Good Shepherd
63 Waterloo Road
Wolverhampton
WV1 4QU**

**DY1 Community Building
Stafford Street
Dudley
DY1 1RT**



**YMCA
1A Small
Street,
Walsall
WS1 3PR**



The Recovery College
FOR THE BLACK COUNTRY

HELP for HEROES

Help for Heroes: Veterans Moving Forwards

The Help for Heroes, Veterans Moving Forwards course has been designed by Veterans for Veterans. This course is suitable for all military Veterans, regardless of when or where they served. By the end of the course, students should understand the true impact of their military experience and be equipped with the right skills to move forward in their recovery journey. Focus will be placed on both psychological and physical wellbeing tools to ensure students can navigate life's challenges and build a brighter future.

Our Recovery College staff and our veteran peers have been trained by Help for Heroes to deliver this course.

Each 3-3.5 hour session will run on consecutive weeks starting from the 26th September.

If you live or have a GP registered in the Black Country, please send expressions of interest in attending to: info@therecoverycollege.co.uk or call: 0121 543 4061

If you would like to know more about Help for Heroes you can find them here: www.helpforheroes.org.uk



Volunteering at the Recovery College



What's upcoming



- **We have more Recovery College volunteer co-facilitators joining us for the September term**
- **Recruitment of Volunteer co-facilitators through our professional pathway**
- **We are looking to recruit for Meet and Greet Roles in Walsall and Wolverhampton soon**
- **Launch of a volunteering hub - which explores volunteering opportunities in the community**
- **Introduction of Volunteering Information Section on Recovery College website**
- **Introduction of Volunteering self-help resources on Moodle**

The focus this year has been on putting in place a clear structure and framework to our volunteering pathway. We thank all staff, students and volunteers whom have contributed to reviewing materials, resources and training materials. We thank everyone that has remained patient in enquiring about volunteer opportunities. We look forward in guiding you through your volunteering journey either within the Recovery College or in a community setting.

**We have recently advertised volunteer co-facilitator (professional pathway, not for current students. These opportunities will be advertised later on this year) if you know anyone outside the recovery college that may be interested contact the Lead Volunteer Co-ordinator Usha here:
ushaben.patel@nhs.net**

Our Autumn timetable

Our new Autumn timetable is out! See our courses at a glance, separated into our four areas of delivery: Sandwell, Dudley, Walsall and Wolverhampton. We have also included our online only courses

Our courses are delivered:

- Face to Face
- Online via Zoom
- Blended - with the option to join face to face or online

In addition check out Our Course Calendar on our website. Here you can view courses

- via:
- List
 - Day
 - Week
 - Month

Head to www.therecoverycollege.co.uk to see more.

SANDWELL COURSES

Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Exploring	Wednesday 22nd May - 19th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Wednesday 22nd May - 24th July	12:30 pm - 1:30pm 10 Sessions	Face to face
Sound Relaxation	Wednesday 22nd May - 26th June	2:00pm - 3:00pm 6 Sessions	Face to face with online option
Gardening	Wednesday 22nd May - 24th July	2:15pm - 4:00pm 10 Sessions	Face to face
CHIME	Wednesday 26th June - 24th July	10:00am - 11:45am 5 Sessions	Face to face with online option
Planning Our Wellbeing (POW)	Thursday 23rd May - 13th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Burner Together	Thursday	12:15pm - 1:45pm	Face to face with online option

DUDLEY COURSES

Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Poetry	Wednesday 22nd May - 19th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Recover Together	Wednesday 22nd May - 24th July	12:15pm - 1:45pm 10 Sessions	Face to face with online option
Money Matters	Wednesday 22nd May - 5th June	2:15pm - 4:00pm 3 Sessions	Face to face with online option
Let's Talk About Loneliness	Wednesday 12th June - 17th July	2:15pm - 4:00pm 6 Sessions	Face to face with online option
Getting to Know Your Emotions	Wednesday 26th June - 17th July	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together Art	Thursday 23rd May - 27th June	10:00am - 11:45am 6 Sessions	Face to face with online option
Planning Our Wellbeing	Thursday 4th July - 25th July	10:00am - 11:45am 4 Sessions	Face to face with online option

WOLVERHAMPTON COURSES

Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Creative Writing	Monday 20th May - 24th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Monday 20th May - 22nd July	1:30pm - 2:30pm 9 Sessions	Face to face
Basic IT Skills	Monday 20th May - 17th June	3:00pm - 4:30pm 4 Sessions	Face to face with online option
Food and Mood	Monday 24th June - 22nd July	3:00pm - 4:30pm 5 Sessions	Face to face with online option
Coping With	Monday 1st July - 22nd July	10:00am - 11:45am 4 Sessions	Face to face with online option
Planning Our Wellbeing (POW)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together	Wednesday 22nd May - 24th July	12:15pm - 1:45pm 10 Sessions	Face to face with online option

WALSALL COURSES

Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Gratitude	Monday 20th May - 1st July	10:00am - 11:45am 6 Sessions	Face to face with online option
Recover Together	Monday 20th May - 22nd July	12:15pm - 1:45pm 9 Sessions	Face to face with online option
Gardening	Monday 20th May - 22nd July	2:15pm - 4:00pm 9 Sessions	Face to face
Women's Wellbeing	Monday 8th July - 22nd July	10:00am - 11:45am 3 Sessions	Face to face with online option
Planning Our Wellbeing (POW Cohort 1)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Planning Our Wellbeing (POW Cohort 2)	Wednesday 19th June - 10th July	10:00am - 11:45am 4 Sessions	Face to face with online option
Getting to Know Your Emotions	Wednesday 22nd May - 12th June	2:15pm - 4:00pm 4 Sessions	Face to face with online option
Food and Mood	Wednesday 19th June - 17th July	2:15pm - 4:00pm 5 Sessions	Face to face with online option
	Thursday	10:00am - 11:45am	Face to face with online option

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Sep 5 2024 - Oct 4 2024

Month Week Day

Thursday

September 19, 20

10:00 am - 11:45 am • Money Matters

12:30 pm - 1:30 pm • Health Walk

2:30 pm - 4:15 pm • Men's Wellbeing

Friday

September 20, 20

10:00 am - 11:45 am • Gardening

12:30 pm - 1:45 pm • Recover Together

2:30 pm - 4:15 pm • Creative Writing

Thursday

September 26, 20

10:00 am - 11:45 am • Money Matters

12:30 pm - 1:30 pm • Health Walk



The Recovery College
FOR THE BLACK COUNTRY

Did you know?

Some members of our staff come from mental health professional backgrounds?

Many of our staff have personal experience of mental health difficulties

There are now more than 80 Recovery Colleges nationwide across the UK



New Faces to the Team!



Nelson Odoh
Lead Admin & Information Officer



Sophie Bates
Admin Officer



Alexa Capello
Facilitator



Sarah Battison
Facilitator

We want to hear from you!

To make either an informal or formal complaint, please contact the Recovery College using the contact methods as detailed below:

☎ 0121 543 4061 or 07979 199 991

✉ The Recovery College
Quayside House
Rounds Green Road
Oldbury
B69 2DG

✉ info@therecoverycollege.co.uk.

If after following the above process, you are not happy with how your complaint has been actioned or dealt with, please contact the Black Country Healthcare NHS Foundation Trust, Service Experience Desk (SED) which is the central point of contact for all complaints, compliments and feedback.

The Service Experience Desk
Monday to Friday, from 9am to 5pm.

Freephone: 0800 587 7720

E-mail: sed.bchft@nhs.net

Post: Freepost RRRG-BBTC-UKSE

Black Country Healthcare NHS Foundation Trust

Service Experience Desk

Trafalgar House
47-49 King Street
Dudley DY2 8PS

Your
feedback
matters!

You can feedback to us
through a telephone
conversation, by sending a
text, a pre-planned Zoom
meeting or by sending an
email.

Recovery College Hall of Fame





FIND US...

We have a fantastic YouTube channel where you will find student testimonials, Recovery College activities and so much more. Please subscribe below to keep up to date with everything we're doing.



SUBSCRIBE

@RecoveryCollegeBC



A Day in the Life of...

A current
Recovery College student
Meet Lisa



A Day in the Life of...

A Student
co-producer
Meet Paul



A Day in the Life of...

A former
Recovery College student
Meet Tracey



Join our Facebook page for updates, opportunities, community news and national awareness days.

facebook.com/therecoverycollegeBCHFT

Stay up to date with College events and wider NHS news on our X page



@RecoveryColleg3